

# FITNESS FUN !!!

## October 2017

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p><b>1</b></p> <p>Have a push up contest with a family member.</p>	<p><b>2</b></p> <p><b>Red Light Green Light</b> while jogging in place for 5 minutes. Then switch leaders.</p>	<p><b>3</b></p> <p>Do 10 sit-ups. Rest and repeat 2 times.</p>	<p><b>4</b></p> <p>Stand under a door. Jump as high as you can for 10 times. Rest &amp; repeat.</p>	<p><b>5</b></p> <p>Twist and shout for 2 minutes. Rest and repeat 3 times.</p>	<p><b>6</b></p> <p>Toss a ball to a partner for 5 minutes.</p> 	<p><b>7</b></p> <p>Jump as far as you can, mark the spot and see if you can jump farther. Try 3 times.</p>
<p><b>8</b></p> <p>Squat and kick alternating legs each time for 30 seconds.</p>	<p><b>9</b></p> <p>Do 5 jumping jacks. Rest 5 minutes and repeat 3 times.</p>	<p><b>10</b></p> <p>Play a game of follow the leader throughout the house. Then switch leaders.</p>	<p><b>11</b></p> <p>High knee march for 1 minute. Rest and repeat 3 times.</p>	<p><b>12</b></p> <p>Do as many push ups as you can in 30 seconds.</p>	<p><b>13</b></p> <p>Crawling race: Set up a course, time each person as they crawl from start to finish.</p>	<p><b>14</b></p> <p>Stair steps. Find the biggest book in your house and step up and down for 1 minute.</p>
<p><b>15</b></p> <p>Run in place for 30 seconds. Rest 2 minutes and do it again one more time.</p>	<p><b>16</b></p> <p>Go for a walk with a family member or friend.</p>	<p><b>17</b></p> <p>Do lunges across the living room.</p>	<p><b>18</b></p> <p>Indoor hopscotch.</p> 	<p><b>19</b></p> <p>Reach to the right and hold for 30 seconds. Then reach to the left and hold for 30 seconds. Rest and repeat.</p>	<p><b>20</b></p> <p>Reach high, reach low, reach to each side. Repeat.</p>	<p><b>21</b></p> <p>Hop 5 times on your right foot, then hop 5 times on your left foot.</p>
<p><b>22</b></p> <p>Place 4 pillows on the floor. Then play a game of Leap Frog over the pillows.</p>	<p><b>23</b></p> <p>Lift right leg up, hold 5 seconds, then repeat with left leg.</p>	<p><b>24</b></p> <p>Shake 10 times, move to left and shake 10 times, move to the right and shake 10 times.</p>	<p><b>25</b></p> <p>Do the crab walk across the living room floor.</p>	<p><b>26</b></p> <p>Side leg raises <b>10</b> times each side. Rest and repeat 3 times.</p>	<p><b>27</b></p> <p>Do the "Hokey Pokey" today with a loved one.</p>	<p><b>28</b></p> <p>Dance to your favorite song 2 times today.</p>
<p><b>29</b></p> <p>Skip across the room and back. Rest and repeat 3 times.</p>	<p><b>30</b></p> <p>What were your two favorite exercises this month? Try them one more time!</p>	<p><b>31</b></p> <p>Toss a balloon up in the air 10</p> 				



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